

<b>Sr. No.</b>	<b>Programme</b>	<b>Name of Course</b>	<b>Course ID</b>	<b>Type of Course</b>	<b>Credits (Theory)</b>	<b>Credits (Practical)</b>	<b>Total Credits</b>	<b>Theory Ext Marks</b>	<b>Theory Int Marks</b>	<b>Total Theory Marks</b>	<b>Practical Ext Marks</b>	<b>Practical Int Marks</b>	<b>Total Practical Marks</b>	<b>Total marks</b>
1	Diploma in Yoga	Yoga for Personalty Development	242/YOG/SE401	Skill Enhancement Course	1	1	2	20	5	25	20	5	25	50

**Skill Enhancement Course  
Yoga for personality development**

Course Code: 240/YOG/SE406	Credits:2
TI: 5 TE: 20	PI: 5 PE: 20

**Instruction for External Examination:** This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 10 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit, these question in section B will be of 5 marks.

**Objectives:** The aim of this course to utilize yoga as a comprehensive tool for personality development, supporting individuals in achieving their highest potential and leading balanced, fulfilling lives.

**Outcome:** After completing this course, the learner will be able to:  
Learn the principles of Yoga and Personality  
Learn Importance of Yoga  
Learn about Yogic Practices for Personality development.

**Unit-1: Introduction to Yoga & Personality**

- 1.1 Meaning and Definitions of Yoga; History and Development of Yoga;
- 1.2 Aim and Objectives of Yoga; Importance of Yoga;
- 1.3 Ashtanga Yoga & Karma Yoga.
- 1.4 Meaning and Definitions of personality; Personality in Vedic text; Ayurveda; Yogic text.

**Unit-2 Foundation of Personality, Yogic Practices for Personality development**

- 2.1 Yogic attitudes: Maitri, Karuna, Mudita, Upeksha;
- 2.2 Concept of Bhavas
- 2.3 Surya Namaskar; Sukshama Vyayama – Neck, Eye, Shoulder, Trunk, Knee and Ankle; Yogasana;
- 2.4 Pranayama – Bhastrika, Bhramari, Anulom-Vilom, Ujjayi Panchamahabhuta Mudra

**Suggested Books**

1. Gheranda Samhita: Shri Sadguru Publication, New Delhi.
2. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
3. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore
4. Bks iyenger-Light on Yoga